

# CRAIG

*Lounsborough*  
*Media Kit*



**counselor-coach-author-speaker**

[www.craiglpc.com](http://www.craiglpc.com) - 303-593-0575 ext 2 - Parker, Colorado 80138 - [craiglpc4@gmail.com](mailto:craiglpc4@gmail.com)

# CRAIG

# Lounsborough

## *Biography*

Craig's background includes over thirty-one years of experience as a counselor in a variety of treatment settings that include psychiatric hospitals, outpatient clinics, facilities for the blind, agencies that serve both the physically handicapped and developmentally disabled, churches and various ministries. He also possess ten years of experience in pastoral ministry as a youth, associate and senior pastor.

Craig spent two years broadcasting in Christian radio and has spoken at a wide variety of venues. In addition to an expansive Social Media network, he produces an inspirational and informative podcast entitled "LifeTalk." Craig has created over one hundred and fifty inspirational videos, published numerous articles, written over four thousand quotes, and has published seven books.

Twenty-one years ago, Craig launched a private, outpatient counseling practice in Parker, Colorado which has grown into a full-fledged practice providing counseling, coaching and consulting services to individuals, marriages, families, various businesses as well as church and ministry organizations.

Craig is a Licensed Professional Counselor in Colorado, a Certified Professional Life Coach, and a member of the American Association of Christian Counselors. Craig earned an Associate of Science degree, a Bachelor of Arts degree in Religion with an emphasis in Christian Education, and a Master of Divinity degree in Family Pastoral Care and Counseling. He is ABD for a Doctor of Ministry degree.

# Why I Write

Like my mother, I grew up being very much touched and transformed by the power of words. Even so, I never considered writing them myself; thinking that harnessing the prose and power of words was leagues beyond my skill-set. Yet I wrote as I grew, largely as a means of processing my emotions or life or whatever happened to be in front of me at the moment.

As life would have it, in my late thirties I was blessed to have a happenstance encounter with a rather prolific author whose name was Jim. He was quite a bit my senior, which made him rich with encouragement, keen with insight and confident in his directives. And at that moment of what might be said to have been a divine encounter, with Jim's encouragement I began to write.

Now years later, it is from the platform of my laptop or a scrap piece of paper that I pen words that I hope are "mightier than the sword." And it is my hope that the raw power of words woven together in creative syntax and blended in bold relief is sufficient to turn hearts and win minds when the other weaker contrivances of men fail. It is my hope that lives will be changed for the whole of their lives by the humble efforts of a man who sits hunched over a laptop or holds a scrap of paper and pens words to change a world.





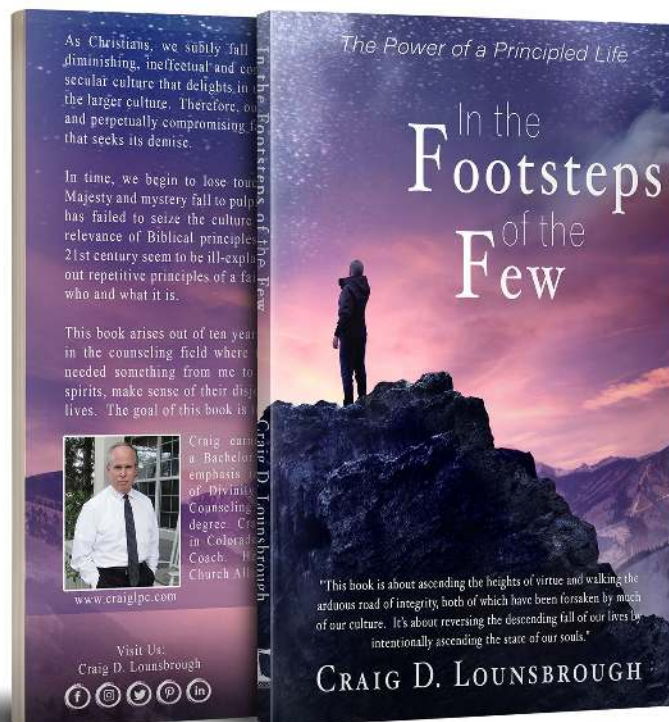
# CRAIG *Lounsborough*

## In the Footsteps of the Few *The Power of a Principled Life*

As Christians, we subtly fall into behaviors and patterns that are diminishing, ineffectual and compromised. These are embraced by a secular culture that delights in undermining the Christian narrative in the larger culture. Therefore, our frequently lackluster, ever-dimming, and perpetually compromising faith is reinforced by the larger culture that seeks its demise.

In time, we begin to lose touch with what it is to be a Christian. Majesty and mystery fall to pulpits scurrying to explain why the church has failed to seize the culture and inspire it to better things. The relevance of Biblical principles as held against the dynamics of the 21st century seem to be ill-explained or not explained at all. We pound out repetitive principles of a faith that has forgotten how to articulate who and what it is.

This book arises out of ten years in pastoral ministry and thirty years in the counseling field where the lives of untold thousands of people needed something from me to grant them hope, encourage broken spirits, make sense of their disjointed journey, and at times save their lives. This book is an effort to do exactly that.

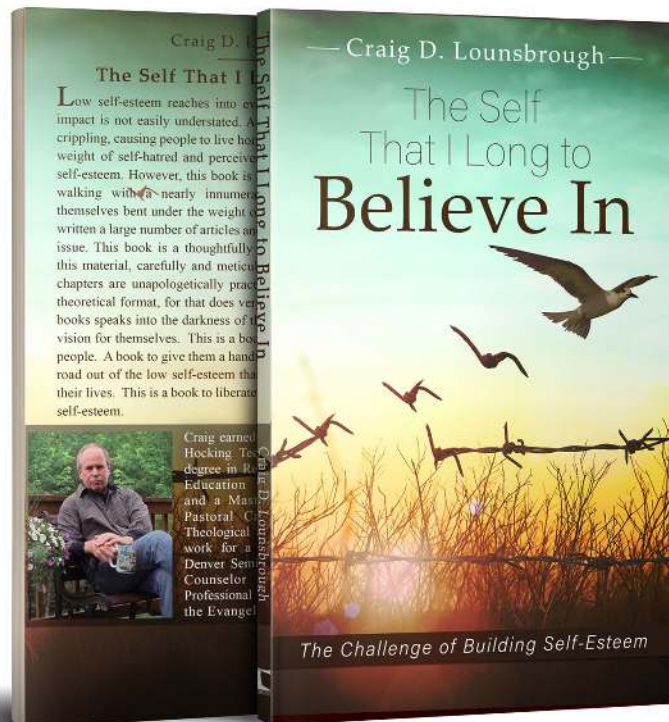


# CRAIG *Lounsborough*

## The Self That I Long to Believe In: *The Challenge of Building Self-Esteem*

Low self-esteem reaches into every area of our lives. Its power and impact is not easily understated. A low-self-esteem can be crippling, causing people to live horribly marginalized lives bent under the weight of self-hatred and perceived inadequacy. This book is a combination of thirty-eight years of walking with a nearly innumerable number of people who found themselves bent under the weight of self-hatred. Over these years, I have written a large number of articles and blogs on this difficult and paralyzing issue.

This book is a thoughtfully expanded and enriched collection of this material, carefully and meticulously brought into book format. The chapters are unapologetically practical, speaking to people not in some theoretical format, for that does very little for hurting people. This is a book to lift people. A book to encourage people. A book to give them a handful of workable thoughts and a reliable road out of the low self-esteem that has dogged their days and darkened their lives. This is a book to liberate people from the chafing chains of low self-esteem.





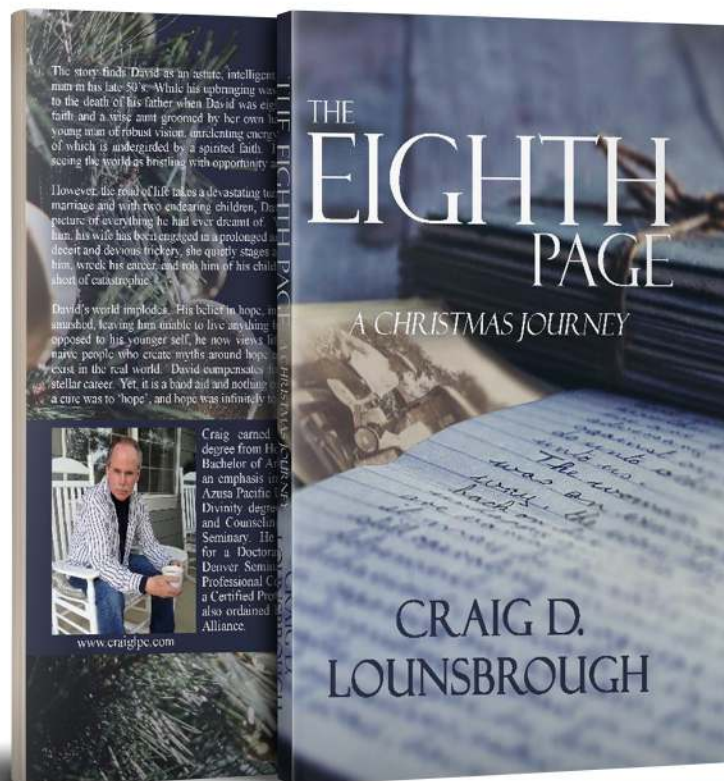
# CRAIG *Lounsborough*

## The Eighth Page: *A Christmas Journey*

The story finds David as an astute, intelligent and well-groomed business man in his late 50's. While his upbringing was extraordinarily difficult due to the death of his father when David was eight, a hardworking mother of faith and a wise aunt groomed by her own hardships shape David into a young man of robust vision and deep determination, all of which is undergirded by a spirited faith. He emerges in his late teens seeing the world as bristling with opportunity and brimming with hope.

However, the road of life takes a devastating turn. Well into thirteen years of marriage and with two endearing children, David sees his life as being the picture of everything he had ever dreamt of. Yet, entirely unbeknownst to him, his wife has been engaged in a prolonged and illicit affair. Through lies, deceit and devious trickery, she quietly stages a divorce designed to destroy him, wreck his career, and rob him of his children. The results are nothing short of catastrophic.

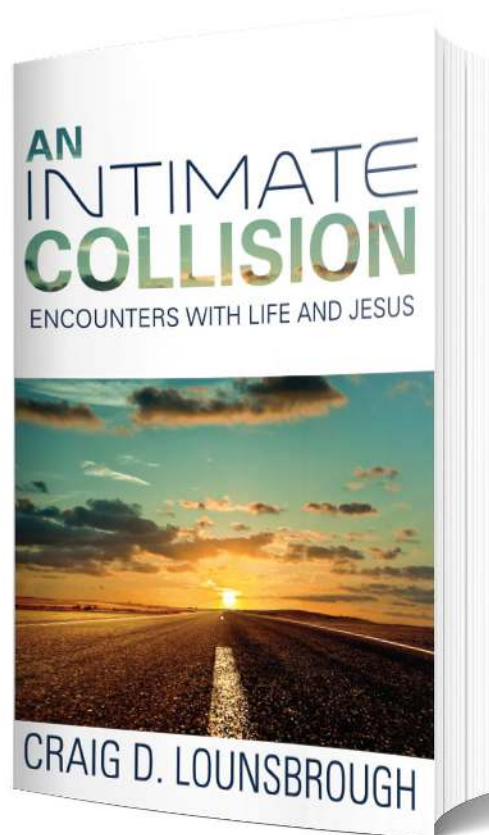
David's world implodes. His belief in hope, in faith, and in other people is smashed, leaving him unable to live anything but a toxically jaded life. As opposed to his younger self, he now views life as a cruel joke played on naive people who create myths around hope and faith because they don't exist in the real world. David compensates for his pain by constructing a stellar career. Yet, it is a band aid and nothing of a cure. Actually hoping for a cure was to 'hope', and hope was infinitely too risky. So he didn't.



# CRAIG *Lounsborough*

## An Intimate Collision: *Encounters with Life and Jesus*

Many of us live out flat, marginalized and ineffectual Christian lives. We fall achingly short of intimately connecting with and deeply interjecting the truths of scripture into the everyday realities of our lives, as we live them out amidst the incessant demands and tangled complexities of the 21st century. We therefore miss a sweeping and torrential infusion of what God intends for our lives. Because we miss it, we are left abysmally poorer when that need not be the case. An Intimate Collision arises out of the belief that people sense there to be a far greater reality to our portrayal of God and the Christian life than that which we have grasped.

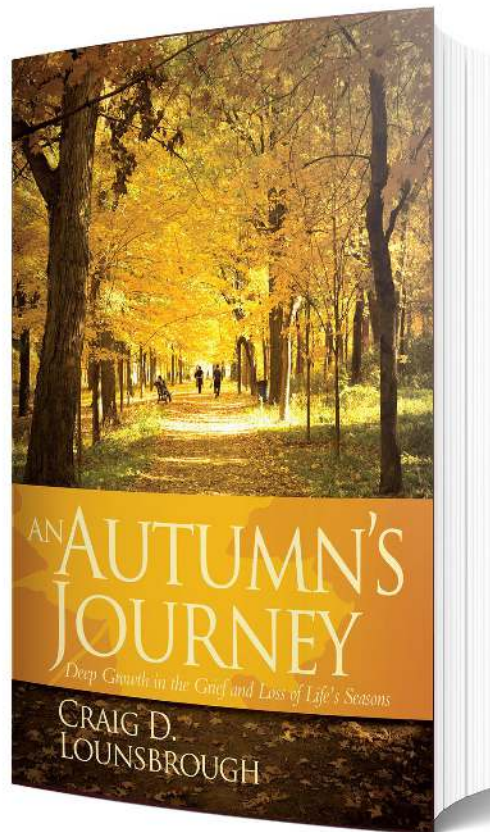




# CRAIG *Lounsborough*

## An Autumn's Journey: *Deep Growth in the Grief and Loss of Life's Seasons*

WE LIVE IN A CULTURE THAT IS DESPERATE TO AVOID LOSS. We choose to fight it because we assume that it has come only to unfairly steal and inflict terrible pain. Loss is seen as the rogue enemy and heartless foe, rather than an opportunity for immense and improbable growth. It's in loss that some of the richest and rarest of life's lessons lay buried, eagerly waiting to be deeply mined and unearthed. In the deepest pain God does the deepest work. An Autumn's Journey - Deep Growth in the Grief and Loss of Life's Seasons does not loosely gloss over loss or provide shallow prescriptions and weak formulas for our grieving. Rather, it aggressively embraces both grief and loss, bringing fresh eyes to these times in our lives in order to draw out of them the marvelous riches that we all too often miss.

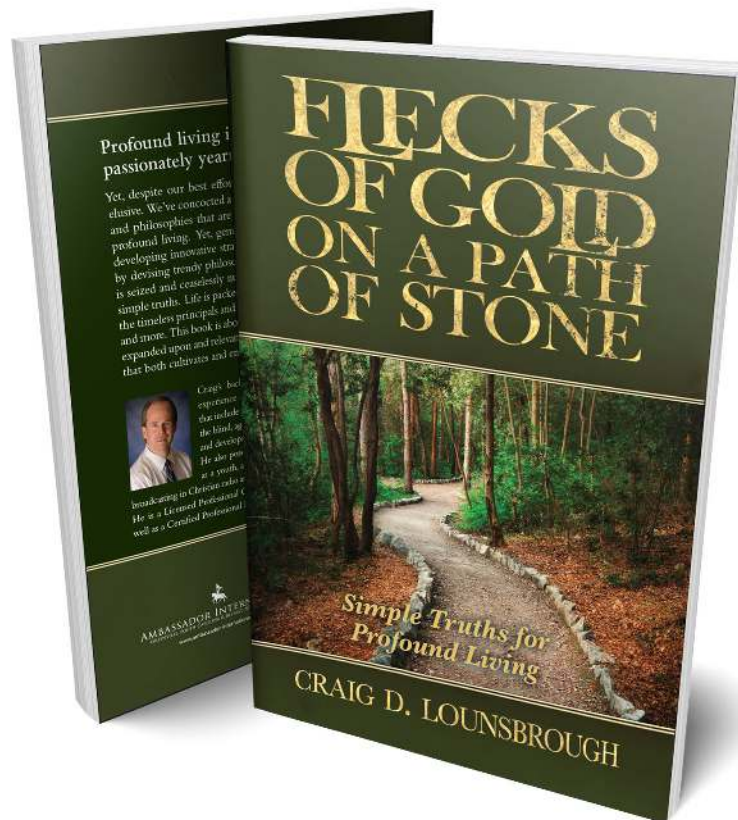




# CRAIG *Lounsborough*

## Flecks of Gold on a Path of Stone: *Simple Truths for Profound Living*

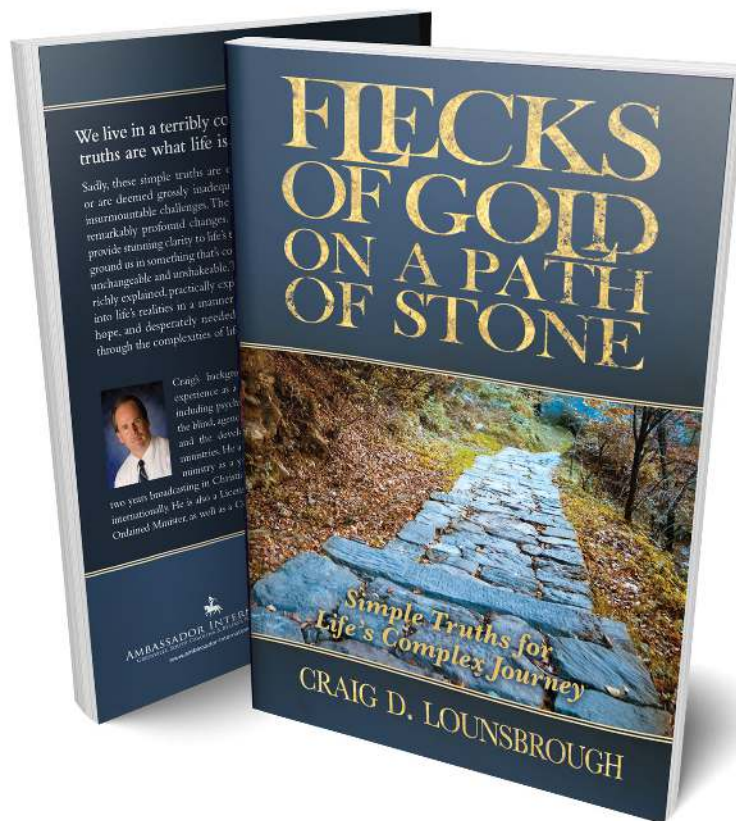
Profound living is something that we all passionately yearn for. Yet, despite our best efforts it is something that seems frustratingly elusive. We've concocted a dizzying array of strategies, programs, steps and philosophies that are all designed to achieve the lofty goal of profound living. Yet, genuinely profound living is not achieved by developing innovative strategies, tidy programs, formfitting steps, or by devising trendy philosophies. Rather, genuinely profound living is seized and ceaselessly nurtured through the careful reclamation of simple truths. Life is packed with simple truths that carry within them the timeless principals and raw power to live profoundly for a lifetime and more. This book is about simple truths richly explained, practically expanded upon and relevantly integrated into life's realities in a manner that both cultivates and engenders stunningly profound living.



# CRAIG *Lounsborough*

## Flecks of Gold on a Path of Stone: *Simple Truths for Life's Complex Journey*

We live in a terribly complex world. Yet simple truths are what life is constructed upon. Sadly, these simple truths are often lost in the complexity of life or are deemed grossly inadequate in dealing with life's seemingly insurmountable challenges. The reality is that simple truths make for remarkably profound changes. They remove massive obstacles and provide stunning clarity to life's trials. They richly inspire us and deeply ground us in something that's core to who we are something entirely unchangeable and unshakeable. This book contains those simple truths richly explained, practically expanded upon, and relevantly integrated into life's realities in a manner that brings fresh insight, rejuvenated hope, and desperately needed resources to all of us who struggle through the complexities of life.



[www.craiglpc.com](http://www.craiglpc.com) - 303-593-0575 ext 2 - Parker, Colorado 80138 - [craiglpc4@gmail.com](mailto:craiglpc4@gmail.com)



# BOOK *Reviews*

What a great reminder of how we should be living life. You are so right; we get caught up in so many unnecessary things. Your book *Flecks of Gold on a Path of Stone* brought me back to what was important. I will be using this book with the college students I teach as part of my regular curriculum.

I stumbled upon this book a month after my mother's death, and find it invaluable. Lounsborough combines the emotions and psychological processes involved with losing a mother with a gently, poetic style of writing. I'm using this book as a springboard for journaling. Would be a great resource for a grief support group.

Excellent! It really speaks to your heart! Reading it is like looking in a mirror! Would recommend it to anyone who is looking for something more in their Christian life.

Craig's book is about "keeping it real". I love the real life stories that parallel those drawn from the gospels. He's done a superb job of "integration". He made the Gospel accounts "come alive" by sharing a 21st century version of real people that he has worked with. Real people with real brokenness who had an "intimate collision" with the Triune God. Very moving book!!

As good as it gets. As a pastor who serves in a ministry that focuses on men who struggle with addictions, I look forward to sharing this with the guys. Their need to be uplifted is tremendous. One of the most encouraging books I've read. Not just for those who think they struggle with self-esteem.

I can not begin to articulate all the reasons this book has been so profoundly impactful to me. And even further, a resource, a tool to assist the many in my life who struggle with self-esteem. This book has served as a reminder, refreshment, encouragement, and abundant with "tools" that are mightier than any culturally appealing formula to healthier self-esteem. At times, I felt I was sitting with God my Father in Heaven and hearing Him speak into me and strengthen me with His truth.

Whether we are trudging through our own imploded world or simply long for a story of hope and faith restored, I encourage any reader to pick up a copy of *The Eighth Page A Christmas Journey* by Craig D. Lounsborough. A refreshing story birthed out of tragedy restoring faith and hope at a time our culture seems so starved of both.





# Speaking *Engagements*

## Purpose - Do I Have One?

We all throw around the idea of having a purpose, or not having one, or wondering if we're supposed to have one, or whatever we're wondering. We wonder if we really need a purpose, and if so do we create it or does it already exist and we just haven't happened to happen upon it just yet. For some of us, we think that the whole idea of having a purpose suggests that life is much more intentional than maybe we thought it was, and that maybe we're all part of a grand design of some sort. If we're going to live with fullness, we have to be fully committed to seeking out and working out our purpose. Otherwise, we will exist with a gaping internal vacuum that will leave our lives ill-defined, or worse yet, undefined.

Craig lays out a convincing rationale for the existence of your purpose. He then discusses how to discover that purpose, seize it, and then effectively live it out.

## What I Want - The Frightening Power of Great Things

We are made for more. Our humanity yearns for the next adventure. We desire lofty summits and distant finish lines that tax the whole of our energies in order to get us to them. There is inherent within us this incessant sense that where 'we are' is not where we're going, and that to park it wherever we're at is to start dying in that very place. There is some fixed notion in our psyche and some insistent voice in our souls that will not be silenced and cannot be appeased by lesser agendas. Yet, fear sends us fleeing. Fears leave us living in hiding from the very things we were called to do.

Craig outlines four decisions to make in order to press our fears aside and then press forward to do great things in our lives.

## The Battles - Choosing Wisely

Battles come every day. In whatever form they come, they come. They come with relentless pressure, incessantly assailing the battlements of our lives and our culture. Battles come in our marriages, in our families, in our jobs, in our communities and in our friendships. Enemies violently storm our lives, startlingly surging out of places and people and situations that we never dreamt they would surge from. Dark storm clouds gather over the horizon of politics, and enemies marshal their forces and assail our economy. Deteriorating ethics and collapsing morals perpetually weaken walls that have long protected the integrity of our culture, permitting enemies of all sorts frightening entrance in places we once assumed as invincible. When one battle appears to be ebbing in one place, another always seems to be brewing in another.

Craig broadly outlines three different types of the battles that we fight, and then he provides five strategic ways to think about those battles in order to fight them more effectively.

To book Craig for your upcoming event, call the office of  
Craig D. Lounsborough for booking availability at 303-593-0575 ext 2

**Craig D. Lounsborough**  
19284 Cottonwood Drive,  
Suite # 202  
Parker, Colorado 80138

Phone: 303-593-0575 ext 2  
Email: craiglpc4@gmail.com



[www.craiglpc.com](http://www.craiglpc.com)

# Speaking *Engagements*

## Grief and Loss – Deep Growth in the Grief and Loss of Life's Seasons

We live in a culture that is desperate to avoid loss. We chose to fight it because we assume that it has come only to unfairly steal and inflict terrible pain. Loss is often seen as the rogue enemy and heartless foe. We see much of our losses as an injustice thoughtlessly perpetrated upon us. We view it as life seeking to crush us at often our weakest and most vulnerable moments, rather than viewing it as an opportunity for immense and improbable growth. It's in loss that some of the richest and rarest of life's lessons lay buried, eagerly waiting to be deeply mined and unearthed. In the deepest pain God does the deepest work.

Craig's premise is that "there is great purpose in great pain." That does not eliminate the pain. However, it grants our pain a desperately needed purpose. In this message he outlines ways to see a greater purpose in our greatest pain.

## An Intimate Collision – Encounters with Life and Jesus

We fall far short of intimately connecting and deeply interjecting the truths of scripture into the everyday realities of our lives as we live them out in the demands and complexities of the 21st century. We therefore miss a sweeping infusion of what God intends for our lives. We are left the poorer when that need not be the case.

This series of messages arises from the belief that people sense there to be a far greater reality to our portrayal of God and the Christian life than that which we have grasped. It appears evident that God's intentions for us are far more expansive and profoundly more majestic than what we've embraced and subsequently live out in our lives. Something far more is ours if we can only find it, discover ways to effectively seize it, and then deeply incorporate it. This series is specifically designed to enhance the listeners view of God and then provide them rich insights to develop "An Intimate Collision" with the Creator Himself.

## Lamp Under a Bowl – Being a Lamp Lit

Think about this . . . is it reasonable to think that the sum total of whatever you are is far greater and significantly grander than you dare to think? Have we been lulled into a sleepy view of ourselves that barely scrapes the surface of who and what each of us really is? Is it possible that we never seize God's promises and God's power because we don't think that we'd ever really be much of anything anyway?

We're all lamps . . . every one of us. But how many of us are lit and burning and casting light, because it's one thing to be a lamp, and it's quite another thing to be lit because we don't believe that we could be. If we walk through life being a lamp that's not lit, we will live a diminished life and we will add to the diminishment of those around us. Craig discusses a number of points that help us to be the lamps that we never imagined we could be.

### Additional Topics Include:

Maximizing Your God-Given Potential

Overcoming the Scourge of Low Self-Esteem

Choosing a Winning Attitude at Life's Darkest Moments

Breathing Life Back Into Your Relationship With God

The Power of Prayer

Living in Today's Culture as a Christian

Beating the Barriers and Obstacles in Your Life

Call the office of Craig D. Lounsborough for booking availability at 303-593-0575 ext 2

**Craig D. Lounsborough**  
19284 Cottonwood Drive,  
Suite # 202  
Parker, Colorado 80138

Phone: 303-593-0575 ext 2  
Email: craiglpc4@gmail.com



[www.craiglpc.com](http://www.craiglpc.com)



# Speaking *Engagements*

## Partial List of Appearances:

The Christian Television Network - The TCT Television Network - National Day of Prayer - KDAR - Oxnard/Ventura (radio) - KWLJ - The Wolf (radio) - Numerous Churches - Parker Chamber of Commerce  
Authors on the Air - The Mike Wagner Show - Fellowship of Christian Athletes "Faith On the Field"  
Cloverton Concert Keynote Speaker

## *Reviews*

"When I shared your message with my group, I got more thank-you's than many others. In addition, two of my people forwarded your message to others on their list. It very much did have an impact on people. God uses your talents well."

"I am amazed at your exacting use of words and how you bring things to life. I would love to have you come to Africa and teach our congregation how to communicate in just the same way. You are welcome at any time."

"I have shared your messages here in India. Your style resonates with so many people. Thank you for sending these messages as so many here are hungry for the gospel."

"Wow." I can't remember the exact words you said, but I walked out a different person than the way I walked in this morning. I just wanted you to know that what you do means something to people."

"The greatest joy is not finding something that we've been looking for. The greatest joy is when we'd given up on ever finding it and then it found us."

## *Speaking Engagement Blog Page*

Inspiring, Touching and Encouraging Lives  
Through the Power of Words



"It is nothing more than a mere handful of thoughtful words unfettered by tarnished agendas, tempered by wisdom, ordered by truth, and arranged into simple syntax that have empowered ordinary men to do utterly extraordinary things. And I am thankful that I am an ordinary man who loves words."

Craig D. Lounsborough, M.Div., LPC

We invite you to visit our blog page:



<https://craigkim4.wordpress.com/>

Call the office of Craig D. Lounsborough for booking availability at 303-593-0575 ext 2

**Craig D. Lounsborough**  
19284 Cottonwood Drive,  
Suite # 202  
Parker, Colorado 80138

Phone: 303-593-0575 ext 2  
Email: [craiglpc4@gmail.com](mailto:craiglpc4@gmail.com)



[www.craiglpc.com](http://www.craiglpc.com)



# Social *Media* and More...

Transforming lives involves intersecting individual's lives at many levels in many different ways. Craig is consistently attempting to find ways to provide significantly more effective, robust, timely and genuinely helpful resources that are available to people with the goal of dramatically enhancing individual lives. The Social Media resources that we have created continue to be a powerful tool in that regard.

Over 500k Monthly Readers



Visit Our Youtube Channel  
at: Craig D. Lounsborough



"LifeTalk" is a podcast written to lend clarity, deliver sound principles, provide common sense, and present practical ideas to a world drowning in confusion. This podcast is produced to give the listener timely ideas and tested principles to assist each of us in sorting through life's most confusing moments.



Available on:



As well as other  
podcast platforms.

Phone: 303-593-0575 ext 2  
Email: craiglpc4@gmail.com  
www.craiglpc.com

